

2026 #StayHealthy Essay Contest

*Open to all high school students
in Yavapai County!*

1st Place - \$500
2nd Place - \$300
3rd Place - \$100
Honorable Mention - \$50



**Deadline for Entry
March 13, 2026**

Choose one of the following prompts. Please limit essay to 750 words or less.

1. If you were the President of the United States, what would you do to solve our country's drug epidemic and encourage people to #StayHealthy?
2. How does social media influence your thoughts and opinions on using drugs and alcohol? What do you wish was different in social media? How could you use social media to #StayHealthy?
3. How do your peers affect you and your decision to use or not to use drugs? How do you effectively deal with peer pressure to #StayHealthy?
4. What would you tell your 10-year-old self to better prepare yourself for high school and how to #StayHealthy through the challenges of life?

Guidelines and contest rules available online at matforce.org/youth

(928) 708-0100

info@matforceaz.org

MATFORCE
Building Healthier Communities

Funding for this prevention resource was made possible by MATFORCE through one or more grants including the Governor's Office of Youth, Faith and Family - Parents Commission grant; Arizona Health Care Cost Containment System (AHCCCS) - Substance Abuse Block Grant; AZ State Opioid Response grant.

matforce.org